## Multimedia Appendix 2 Summary of studies included in this review: target behavior, study characteristics, brief description of Internet intervention content and duration, theory, number of study participants and characteristics of study population

| Study <sup>a</sup>                  | Target behavior                       | Study characteristics   | Brief description of Internet intervention, name and duration  | Theory <sup>c</sup> | No. of study participants               | Characteristics study population                              |
|-------------------------------------|---------------------------------------|---|--|---------------------|---|---|
| A. Physical activity                |                                       |   |  |                     |   |   |
|                                     |                                       |   |  |                     | <b>Mean:</b> 6043<br><b>Median:</b> 174 |   |
| 1. Carr (2008) [36],<br>USA         | Physical activity                     | Design: RCT Recruitment: advertisements and e- mail solicitation Conditions: a: Internet-delivered intervention; b: delayed intent-to-treat control group   | Intervention: interactive 16-lessons program providing feedback on cognitions and processes of change, goal setting, activity planning and self-monitoring tools, and weekly/bi-weekly e-mail/phone contact with facilitator; an additional print workbook was provided  Name: Active Living Every Day – Internet (ALED-I)  Duration intervention: 16 weeks with multiple visits | SCT<br>TTM          | 32<br>(a: 14; b: 18)                    | % female: 81<br>Age (SD): 45.9 ± 2.7<br>% > high school: NR   |
| 2. Dunton (2008)<br>[37], USA       | Physical activity                     | Design: RCT Recruitment: posters, flyers, and e- mails Conditions: a. tailored website with weekly e-mails; b. waiting list control group Incentive: \$25 after completing 4 assessments (baseline, 1, 2, 3 months) | Intervention: interactive program providing individualized, stage tailored feedback on performance, cognitions and perceived barriers, 10 weekly follow-up e-mail newsletters Name: Women's Fitness Planner Duration intervention: accessible during 10 weeks  | HBM<br>TTM          | 156<br>(a: 85; b: 71)                   | % female: 100<br>Age (SD): 42.8 ± 11.6<br>% > high school: 97 |
| 3. Ferney (2008)<br>[28], Australia | Walking and overall physical activity | Design: RCT Recruitment: advertisements community newspapers, letterbox drop Conditions: a. neighborhood environment-focused website; b. motivational-information website (minimal interactivity)                   | a. Intervention: website providing information about cognitive behavioral strategies in fact sheets, interactive goal setting tool, social support, information on physical activity facilities and walking trails in the local environment and individualized tailored e-mail advice  Name: Get Up & Go  Duration intervention: accessible during 26 weeks                      | EM<br>SCT           | 106<br>(a: 52; b:54)                    | % female: 72<br>Age (SD): 52.0 ± 4.6<br>% > high school: 71   |
|                                     |                                       |   | b. Intervention: website with minimal interactivity with 4 main sections based on motivational stages of change and nontailored e-mail advice Name: Active Living Online Duration intervention: accessible during 26 weeks   | TTM                 |   |   |
| 4. Herman (2006)<br>[38], USA       | Physical activity                     | Design: pretest-posttest Recruitment: NR Condition: Internet-based program Incentive: \$150 cash rebate for participating in program  | Intervention: online program providing goal setting and activity logging, containing feedback on progress and providing e-mail support; in addition participation in incompany sports teams and competitions was promoted Name: Virtual Fitness Center Program  Duration intervention: 12 months with multiple visits  | NR                  | 67,324 participants                     | % female: 35 Age (SD): 44.0 ± NR % > high school: NR          |

| 5. Hurling (2007)<br>[39], UK                       | Total and moderate<br>to vigorous physical<br>activity | Design: RCT Recruitment: through market research recruitment agency Conditions: a. Internet and mobile phone based program combined with wearing physical activity monitors; b. wearing physical activity monitors without feedback and access Incentive: £30 for attending screening, £140 for mobile phone costs, and £290 at closeout | Intervention: multi-media (website, e-mail and mobile phone) program, providing tailored feedback on behavior, cognitions, and progress, including goal setting, self-monitoring and weekly activity planning tools and option for social support Name: Get active!  Duration intervention: 9 weeks with multiple visits                   | DB<br>ELM<br>SCPT | 77<br>(a: 47; b: 30)            | % female: 66<br>Age (SD): 40.4 ± 7.6<br>% > high school: NR              |
|---|--|--|--|-------------------|---------------------------------|--|
|   | Physical activity/<br>exercise                         | Design: RCT Recruitment: advertisement Conditions: a. Internet-based exercise motivation and action support system; b: less interactive version of same system; c. reference group with no intervention  | a. Intervention: support system requiring weekly logins for self-monitoring and activity planning, providing feedback on progress and cognitions, automated dialogue system for barrier identification, option for e-mail or text message reminders of planned activities.  Name: NR  Duration intervention: 10 weeks with multiple visits | DB<br>ELM<br>SCPT | 66<br>(a. 28; b. 24;<br>c. 14)  | % female: 74<br>Age (SD): 35 ± NR<br>% > high school: NR                 |
|   |  |  | b. Intervention: Support system requiring weekly logins for self-monitoring and feedback on progress, less interactive than above Name: NR Duration intervention: 10 weeks with multiple visits  | DB<br>ELM<br>SCPT |                                 |  |
| 7. Lewis (2008) [41],<br>Marcus (2007) [42],<br>USA | Physical activity and exercise                         | Design: RCT Recruitment: newspaper advertisements Conditions: a. motivationally tailored Internet intervention; b. 6 researcher selected websites available to the public; c. motivationally tailored print intervention Incentive: \$10 each month to complete the online questionnaires and activity logs                              | a. Intervention: website providing motivational and educational materials, monthly tailored feedback reports on performance, cognitions and progress, containing goal setting and self-monitoring tools, regular e-mail prompts to revisit the website  Name: NR  Duration intervention: 12 months with multiple visits                    | SCT<br>TTM        | 249<br>(a. 81; b. 82;<br>c. 86) | % female: 83<br>Age (SD): 45.1 ± 9.3<br>% college graduate: 67           |
|   |  | <u> </u>   | b. Intervention: website containing 6 links to general physical activity websites and self-monitoring tool; regular e-mail prompts to log onto the website  Name: NR  Duration intervention: accessible during 12 months   | NR                |                                 |  |
| 8. Leslie (2005) [16],<br>Australia                 | Physical activity and exercise                         | Design: RCT Recruitment: university e-mail list Conditions: a. stage-targeted website program; b. stage-targeted print program   | Intervention: website providing stage-targeted information on cognitive constructs, containing goal setting and activity planning tools; personalized stage-targeted weekly e-mails were used to attract visitors to the website  Name: Active Living  Duration intervention: accessible during 8 weeks                                    | TTM               | 655<br>(a: 327; b: 328)         | % female: 50<br>Age (SD): 43 ± NR<br>% secondary school or<br>higher: 72 |

| 9. Plotnikoff (2006)<br>[43], Canada     | Raise awareness for physical activity                    | Design: observational Recruitment: advertisement cereal package, media, links website, word of mouth (self-reported) Condition: Internet-based intervention  | Intervention: website providing goal setting, self-monitoring (of steps counted through pedometer), activity planning, and containing brief visual feedback on progress  Name: Canada on the Move  Duration intervention: NR (one-time users vs. multi-time users)  | NR         | 3175 registrations                 | % female: 77<br>% Age: <24: 10.1; 25-<br>44: 46.7; 45-64: 38.5;<br>65-80+: 4.6<br>% >- high school: 98 |
|--|--|--|---|------------|------------------------------------|--|
| 10. Spittaels (2006)<br>[44], Belgium    | Physical activity  | Design: quasi-experimental Recruitment: flyers with and without personal contact Condition: interactive tailored Internet program (remark: intervention a and b are identical, only the way of promotion differed)           | Intervention: website providing feedback on performance, perceived barriers and cognitions, including activity planning, and social support Name: NR Duration intervention: accessible during 2 months with single exposure   | SCM<br>TPB | 52<br>(a: 46; b: 6)                | % female: 51<br>Age (SD): 38 ± 11<br>% > high school: 66   |
| 11. Spittaels (2007)<br>[45], Belgium    | Physical activity  | Design: RCT Recruitment: brochures plus e-mail as prompt for first visit Conditions: a. Internet advice with repeated feedback; b. Internet advice without repeated feedback; c. waiting list control group                  | a. Intervention: website providing feedback on performance, cognitive constructs and progress, containing activity planning and social support, 7 non-tailored e-mails were used to prompt visits to specific website sections, one to prompt revisiting the intervention for new tailored advice  Name: NR  Duration intervention: accessible during 6 months with multiple visits  b. Intervention: website providing feedback on performance | SCM<br>TPB | 434<br>(a: 173; b: 129;<br>c: 132) | % female: 66<br>Age (SD): 41.4 ± 5.6<br>% > high school: 67  |
|  |  |  | and cognitive constructs, including activity planning and social support  Name: NR  Duration intervention: accessible during 6 months with single exposure  | ТРВ        |                                    |  |
| 12. Steele (2007)<br>[46, 47], Australia | Moderate intensity<br>and lifestyle<br>physical activity | Design: RCT Recruitment: advertisements local newspapers Conditions: a. Internet-only intervention; b. Internet-mediated intervention; c. face-to-face intervention Incentive: gift vouchers, water bottles, and sport socks | a. Intervention: website consisting of weekly modules aimed at improving self-management skills; program provides feedback on cognitive constructs, goal setting, self-monitoring (using pedometer information), barrier identification, activity planning and including options for online counselor support and 2 face-to-face support sessions  Name: Health-eSteps (Internet only)  Duration intervention: 12 weeks with multiple visits    | SCT<br>SMM | 192<br>(a: 62; b: 65;<br>c: 65)    | % female: 83<br>Age (SD): 38.7 ± 12.0<br>% > high school: NR   |
|  |  |  | b. Intervention: website consisting of weekly modules aimed at improving self-management skills; program provides feedback on cognitive constructs, including goal setting, self-monitoring (using pedometer information), barrier identification, activity planning and including option for online counselor support  Name: Health-eSteps (Internet with online counselor support)  Duration intervention: 12 weeks with multiple visits      | SCT<br>SMM |                                    |  |

| B. Nutrition   |   |   |   |                                  |   |   |
|--|---|---|---|----------------------------------|---|---|
|  |   |   |   |                                  | <b>Mean:</b> 344<br><b>Median:</b> 285  |   |
| 13. Buller (2008)<br>[48], Woodall (2007)<br>[49], USA         | Fruit and vegetable consumption   | Design: RCT Recruitment: in person by community outreach trainers Conditions: a. Internet intervention with immediate access to website; b. control group with delayed access after post-test   | Intervention: website providing generic information to promote fruit and vegetable intake; e-mail prompts to announce new and updated information  Name: 5 a day, the Rio Grande Way  Duration intervention: accessible during 4 month study period with multiple visits  | DIT<br>SCT                       | 755<br>(a: 380; b: 375)                 | % female: 88 % age: <30: 34; 30-39: 17; 40-49: 18; 50-59: 14; >59 14; missing 3 % > high school: 63 |
| 14. Huang (2006)<br>[50], Australia                            | Purchases of<br>saturated fat   | Design: RCT Recruitment: online pop-up message Conditions: a: Internet intervention with tailored advice; b: generic information on static webpage  | a. Intervention: website providing tailored feedback on selected items with the opportunity to retain or swap purchased item; provided as part of supermarket website  Name: NR  Duration intervention: accessible during 5 month study period for multiple shopping episodes   | NR                               | 497<br>(a: 251; b: 246)                 | % female: 88<br>Age (SD): 40.0 ± 10<br>% university: 62   |
|  |   |   | b. Intervention: website that provided generic non-specific advice about how to choose a diet lower in saturated fat; intervention provided on supermarket website  Name: NR  Duration intervention: NR   | NR                               |   |   |
| 15. McNeill (2007)<br>[51], USA                                | Fruit and vegetable consumption   | Design: observational Recruitment: NR, drawn from sample of larger study of health centers Condition: Internet-based intervention   | Intervention: website providing non-tailored information on overcoming barriers, setting goals, social support and maintaining healthy behavior, supplemented with an e-mail with feedback on intake and suggestions how to increase consumption  Name: NR  Duration intervention: accessible during 6 weeks                          | NR                               | 52 enrolled                             | % female: 73<br>Age (SD): 46 ± 9<br>% > high school: 77   |
| 16. Papadaki (2005)<br>[52], Papadaki<br>(2006) [53], Scotland | Consumption of four<br>key components of<br>the Mediterranean<br>diet                     | Design: quasi-experimental Recruitment: advertisements in newsletters, flyers, postings on Intranet and e-mail advertisements Conditions: a. tailored Internet intervention; b. minimal dietary feedback and general healthy-eating brochures | Intervention: website providing generic information and recipes, supplemented with tailored feedback letters through email containing feedback on performance, barriers, social cognitions and progress towards goal achievement  Name: Mediterranean Eating Website  Duration intervention: 6 months accessible with multiple visits | HBM<br>PAPM<br>SCT<br>TPB<br>TTM | 72<br>(a: 53; b. 19)                    | % female: 100<br>Age (SD): 40.5 ± 7.0<br>% > high school: 100                                       |
| C. Weight manageme   | nt  |   |   |                                  |   |   |
|  |   |   |   |                                  | <b>Mean:</b> 1006<br><b>Median:</b> 207 |   |
| 17. Cussler (2008)<br>[54], USA                                | Weight maintenance<br>through diet,<br>physical activity and<br>weight gain<br>prevention | Design: RCT Recruitment: advertisement newspaper and TV Conditions: a. Internet intervention; b. self-directed (no intervention) control  | Intervention: weight maintenance website (after following weight loss intervention) with tools for monitoring progress, peer support and optional counselor support Name: NR  Duration intervention: 12 months with multiple visits   | NR                               | 135<br>(a. 66; b. 69)                   | % female: 100<br>Age (SD): 48.2 ± 4.4<br>% > high school: NR  |

| [21], USA nut                             | Weight loss through<br>nutrition and<br>physical activity                                 | Design: RCT Recruitment: personal letters through medical leaders or notices in general member communications Conditions: a. online tailored weight management program with nutrition component and goal setting; b. online tailored weight management program with goal setting; c. online tailored weight management program with; nutrition component; d. online tailored weight management program Incentive: US \$10 gift certificate by completing follow-up questionnaire | a. Intervention: website providing feedback on performance, cognitions and tailored action plans including a goal setting module and additional tailored newsletters regarding nutrition Name: Balance Program (goal + nutrition)  Duration intervention a: 14 weeks with multiple visits                                  | NR | 2311<br>(a. 559; b. 584;<br>c. 596; d. 572) | % female: 53<br>% < 60 years: 53.5<br>% > high school: NR   |
|---|---|--|--|----|---|---|
|   |   |  | b. Intervention: website providing feedback on performance, cognitions and tailored action plans, including a goal setting module  Name: Balance Program (goal)  Duration intervention: 6 weeks with multiple visits   | NR |   |   |
|   |   |  | c. Intervention: website providing feedback on performance, cognitions and tailored action plans with additional tailored newsletters regarding nutrition  Name: Balance Program (nutrition)  Duration intervention: 14 weeks with multiple visits   | NR |   |   |
|   |   |  | d. Intervention: website providing feedback on performance, cognitions and tailored action plans Name: Balance Program Duration intervention: 6 weeks with multiple visits   | NR |   |   |
| 19. Gold (2007) [55],<br>USA <sup>b</sup> | Weight loss through<br>reducing calorie<br>intake and increase<br>aerobic activity        | Design: RCT Recruitment: advertisements in local newspaper Conditions: a. structured behavioral weight loss program; b. commercial weigh loss website  | a. Intervention: weekly online lessons with homework assignment and goal setting, providing exercise schedule, facilitator provided weekly/bi-weekly feedback on behavior and self-monitoring, weekly chat sessions with facilitator Name: VTrim Program  Duration intervention: 12 months with multiple visits            | NR | 124<br>(a. 62; b. 62)                       | % female: 84<br>Age (SD): 47 ± 9<br>% > high school: 98     |
|   |   |  | b. Intervention: commercial program consisting of feedback on cognitions, self-monitoring, and feedback on progress, providing peer support and professional online meetings Name b: eDiets.com  Duration intervention: 12 months with multiple visits   | NR |   |   |
| 20. Harvey-Berino<br>(2002) [56], USA     | Weight loss<br>maintenance<br>through<br>modification of<br>eating and exercise<br>habits | Design: RCT Recruitment: newspaper advertisements Conditions: a. Internet support; b. frequent in-person support; c. minimal in-person support Incentive: chance to enter a lottery to win \$50 for attending scheduled assessment meetings  | Intervention: website providing self-monitoring forms accompanied by bi-weekly Internet chat meetings facilitated by group therapist and introduced with short videos; bi-weekly e-mails from group therapist with feedback on behavior and self-monitoring Name: NR Duration intervention: 12 months with multiple visits | NR | 122<br>(a. 40; b. 41;<br>c. 41)             | % female: 85<br>Age (SD): 48.4 ± 9.6<br>% > high school: 90 |

| 21. Hunter (2008)<br>[57], USA      | Weight gain<br>prevention and<br>weight loss through<br>restricting calorie<br>and fat intake, and<br>increasing physical<br>activity | Design: RCT Recruitment: e-mail advertisements and flyers Conditions: a. behavioral Internet therapy; b. usual care  | Intervention: Internet-based program containing weekly interactive lessons and self-monitoring tool, feedback from an Internet counselor on performance and progress, including two brief motivational interviewing telephone calls Name: Behavioral Internet Therapy (BIT)  Duration intervention: 24 weeks with multiple visits                                    | MI  | 446<br>(a. 224; b. 222) | % female: 50<br>Age (SD): 33.9 ± 7.3<br>% high school or some<br>college: 63 |
|-------------------------------------|---|--|--|-----|-------------------------|--|
| 22. McConnon<br>(2007) [58], UK     | Weight loss through<br>dietary and physical<br>activity   | Design: RCT Recruitment: posters and flyers in GPs waiting rooms/practices Conditions: a. Internet group; b. usual care  | Intervention: website providing feedback on performance, self-monitoring tool, and feedback on progress, including emails prompts for revisiting website  Name: UK weight control site  Duration intervention: 12 months with multiple visits  | NR  | 221<br>(a. 111; b. 110) | % female: 77<br>Age (SD): 45.8 ± 10.6<br>% > high school: NR                 |
| 23. McCoy (2005)<br>[59], Australia | Weight loss through<br>changing physical<br>activity and dietary<br>behavior  | Design: Observational Recruitment: promotional interviews on radio stations Condition: Internet-based program  | Intervention: Internet service delivering tailored plans for behavior change based on current health status and personal needs and goals with respect to diet and physical activity Name: Weight Loss for Diabetes Prevention Program Duration intervention: accessible during 10 weeks  | NR  | 808 registrations       | % female: 75<br>Age (SD): 42.3 ± 11.6<br>% > high school: NR                 |
| [60], USA <sup>b</sup>              | Weight loss through<br>changing eating and<br>exercise behavior   | Design: RCT Recruitment: newspaper advertisements Conditions: a. Internet intervention only; b. Internet intervention including in-person support  | a. Intervention: weekly online lessons with homework assignment and goal setting, providing exercise schedule, facilitator provided weekly/bi-weekly feedback on behavior and self-monitoring, weekly chat sessions with facilitator Name: VTrim (Internet only)  Duration intervention: 12 months with multiple visits  | NR  | 123<br>(a. 62; b. 61)   | % female: 83<br>Age (SD): 46.7 ± 10.8<br>% > high school: 93                 |
|                                     |   |  | b. Intervention: weekly online lessons with homework assignment and goal setting, providing exercise schedule, facilitator provided weekly/bi-weekly feedback on behavior and self-monitoring, monthly in-person group sessions  Name: VTrim (Internet with in-person support)  Duration intervention: 12 months with multiple visits                                | NR  |                         |  |
| 25. Petersen (2008)<br>[61], USA    | Weight management<br>by creating life long<br>habits  | Design: pretest-posttest Recruitment: announcement on employee web portal with limited promotion Condition: Internet-based program   | Intervention: comprehensive, interactive online program providing self-monitoring, and feedback on performance and progress, containing interactive tools and e-mail communications towards personalized goal achievement Name: Virtual Food Pro (VFP) program  Duration intervention: 18 weeks (recommended duration) with multiple visits, however ongoing program | SCM | 7743 participants       | % female: 60<br>Age (SD): NR<br>% > high school: NR                          |
| 26. Tate (2001) [62],<br>USA        | Weight loss through<br>calorie restriction<br>and increased<br>physical activity  | Design: RCT Recruitment: series of 2 e-mail messages and an advertisement posted to the work site's Intranet website Conditions: a. Internet education + Internet behavior therapy; b. Internet education Incentive: \$10 and \$25 for attending the 3- and 6-month follow-up appointments | a. Intervention: website providing a brief review of basic information and organized directory of selected Internet resources (e.g. self-monitoring) and other resources, additionally weekly e-mail lessons and feedback and support from therapist and access to bulletin board Name: NR  Duration intervention: accessible during 24 weeks                        | NR  | 91<br>(a: 46; b: 45)    | % female: 89<br>Age (SD): 40.9 ± 10.6<br>% > high school: 91                 |

|                                |  |  | b. Intervention: website providing a brief review of basic information and organized directory of selected Internet resources (e.g. self-monitoring) and other resources Name: NR Duration intervention: accessible during 24 weeks   | NR  |                                 |  |
|--------------------------------|--|--|---|-----|---------------------------------|--|
| 27. Tate (2006) [63],<br>USA   | Weight loss through<br>calorie restriction<br>and increased<br>physical activity | Design: RCT Recruitment: local newspaper advertisements Conditions: a. website with computer-automated e-mail feedback; b. website with human counseling; c. website with no counseling Incentive: \$25 and \$50 for attending the 3- and 6-month follow-up appointments | a. Intervention: website with additional study website containing self-monitoring diary and automated feedback on performance and progress, providing social support, and e-mail prompts to complete diary including behavioral lesson Name: Slim-Fast Web site combined with website with automated feedback  Duration intervention: 6 months with multiple visits                                 | СВТ | 192<br>(a. 61; b. 64;<br>c. 67) | % female: 84<br>Age (SD): 49.2 ± 9.8<br>% > high school: 55  |
|                                |  |  | b. Intervention: website with additional study website containing self-monitoring diary and social support supplemented with human e-mail counseling providing feedback on performance and progress, e-mail prompts to complete diary including behavioral lesson  Name: Slim-Fast Web site combined with website and human e-mail counseling  Duration intervention: 6 months with multiple visits | NR  |                                 |  |
|                                |  |  | c. Intervention: website containing self-monitoring tool, providing feedback on progress, including social support and weekly e-mail prompts to report weight  Name: Slim-Fast Web site  Duration intervention: accessible during 6 months  | NR  |                                 |  |
| 28. Webber (2008)<br>[64], USA | Weight loss through<br>physical activity and<br>dietary habits                   | Design: RCT Recruitment: newspaper advertisement Conditions: a. intervention website with weekly moderated online chat group sessions; b. intervention website Incentive: \$40 for attending the follow-up appointment   | a. Intervention: Internet behavioral program with weekly lessons, self-monitoring, information links and social support supplemented with weekly moderated online chat group sessions  Name: NR, enhanced website  Duration intervention: 16 weeks with multiple visits   | MI  | 66<br>(a. 33; b. 33)            | % female: 100<br>Age (SD): 50.1 ± 9.9<br>% > high school: 70 |
|                                |  | тогом ар арропшист   | b. Intervention: Internet behavioral program with weekly lessons, self-monitoring, information links and social support Name: NR, minimal website  Duration intervention: 16 weeks with multiple visits   | NR  |                                 |  |

| 29. Van Wier (2009)<br>[65], Netherlands        | Weight loss through<br>sustainable lifestyle<br>changes (reduction<br>of calories through<br>fat, sugar and<br>alcohol and<br>increasing physical<br>activity) | Design: RCT Recruitment: health faire, company Intranet and/or personal letter Conditions: a. web-based intervention with e-mail counseling; b. intervention materials with phone counseling; c. usual care through lifestyle brochures   | Intervention: interactive website with 10 homework modules and individualized web pages supplemented with e-mail counseling, also provided with self-help materials  Name: ALIFE@Work  Duration intervention: 6 months with multiple visits   | SCT   | 1386<br>(a. 464; b. 462;<br>c. 460) | % female: 33<br>Age (SD): 43 ± 8.6<br>% highly educated: 60  |
|---|--|---|---|---|-------------------------------------|--|
| 30. Wing (2006) [66], USA  D. Smoking cessation | Weight gain<br>prevention with<br>emphasis on daily<br>self-weighing and<br>self-regulation  | Design: RCT Recruitment: newspaper advertisements, brochures, and contacts with commercial and research weight-control programs Conditions: a. Internet-based intervention; b. face-to-face intervention; c. control group receiving quarterly newsletters Incentive: \$25 for attending the 6- and 12-month assessments and \$50 for attending the 18-month assessment | Intervention: intervention program with online chat sessions, web-based form for self-monitoring and social support; individual e-mail counseling was offered in case of weight gain until starting weight was reached  Name: STOP Regain  Duration intervention: 18 months with multiple visits  | SRT   | 314<br>(a. 104; b. 105;<br>c. 105)  | % female: 81<br>Age (SD): 51.3 ± 10.1<br>% > high school: NR |
| D. Smoking cessation                            |  |   |   |   | Mean: 3437<br>Median: 1160          |  |
| 31. Balmford (2008)<br>[67], Australia          | Smoking cessation  | Design: observational Recruitment: promotion through national quit smoking websites Condition: tailored automated advice Internet program   | Intervention: website providing feedback on behavioral strategies, cognitive restructuring, motivation and relapse prevention with the aims to resemble in-persons counseling; website consisted of 5 modules that could be accessed during one visit  Name: QuitCoach  Duration intervention: NR, continuously accessible and designed for multiple visits | CBT<br>RPM<br>Perspectives on<br>change (derived from<br>SCM) | 23,656<br>registrations             | % female: 62<br>Age (median): 24<br>% > high school: NR      |
| 32. Brendryen<br>(2008) [68], Norway            | Smoking cessation  | Design: RCT<br>Recruitment: online banner<br>advertisements on websites or<br>regional newspapers   | Intervention: multi-media (website, e-mail and SMS text messaging and interactive voice response system (IVR)) program, including a craving helpline and a relapse prevention system with just-in-time therapy; program provides  | BSL<br>CBT<br>SCT<br>SRT                                      | 290<br>(a. 144; b. 146)             | % female: 50<br>Age (SD): 39.6 ± 10.9<br>% > high school: 50 |

| 33. Brendryen<br>(2008) [69], Norway | Smoking cessation              | Design: RCT Recruitment: Online banner advertisements on Internet newspapers Conditions: a. Internet and cell phone –based intervention; b. control group receiving 44-page self-help booklet Incentive: free supply of NRT   | Intervention: multi-media (website, e-mail and SMS text messaging and interactive voice response system (IVR)) program, including a craving helpline and a relapse prevention system with just-in-time therapy; program provides information on a variety of determinants and processes for change, relevant in various phases of the process toward quitting smoking; the information is provided through daily websites during the first phase of the intervention, supplemented with text messages and voice response messages Name: Happy Ending  Duration of intervention: 54 weeks with multiple visits | BSL<br>CBT<br>SCT<br>SRT | 396<br>(a. 197; b. 199)    | % female: 50<br>Age (SD): 36.2 ± 10.2<br>% > high school: 41 |
|--------------------------------------|--------------------------------|---|---|--------------------------|----------------------------|--|
| 34. Cobb (2005)<br>[70], USA         | Smoking cessation              | Design: observational Recruitment: NR Conditions: Internet-based intervention   | Intervention: website providing feedback on cognitive and behavioral processes, assistance with setting a quit date, action and coping planning, relapse prevention, information about medication support and options for peer and online counseling support.  Name: QuitNet  Duration of intervention: NR  | SCM                      | 1501                       | % female: 65<br>Age (SD): 35.2 ± 10.8<br>% > high school: 80 |
| ()                                   | Cessation of smokeless tobacco | Design: RCT Recruitment: print and broadcast media, Google ads, websites links, and mailings to target group, health care and tobacco control professionals Conditions: a. enhanced condition web-based program (interactive, tailored, and rich-media program); b. basic condition control website (static, text-based material) | a. Intervention: interactive and tailored web-based program offering eight modules, including text-based information (health and behavioral strategies focused on quitting and preventing relapse), video-based testimonials, printable resources, interactive activities, annotated links to other website resources, and two web forums one for support by peers and one for support by experts  Name: ChewFree.com (enhanced)  Duration intervention: NR   | SCT                      | 2375<br>(a. 1200; b. 1175) | % female: NR<br>Age (SD): NR<br>% > high school: NR          |
|                                      |                                |   | b. Intervention: website providing a printable self-help smokeless tobacco cessation booklet, printable cessation resources (e.g., describing the use of herbal snuff products, nicotine replacement products), and annotated links to other recommended websites for tobacco cessation  Name: ChewFree.com (basic)  Duration of intervention: NR   | SCT                      |                            |  |

| 36. Feil (2003) [71],<br>USA        | Smoking cessation | Design: RCT Recruitment: website search engines, banner advertisements, postings to discussion groups, newspaper advertisement and article, brochures at dental clinics and doctor's offices, radio interview Condition: Internet-delivered intervention Incentive: all subjects who completed the baseline survey were mailed checks for US\$10 1. email 10 dollar; 2. email 20 dollar, 3 US mail 10 dollar, 4 US mail 20 dollar | Intervention: website providing guidance in improving motivation to quit, avoidance and dealing with cravings and setting a quit date, options for social support by peers and experts  Name: Quit-Smoking-Network  Duration intervention: NR   | NR                | 606 enrolled            | % female: 72<br>% aged 25-54; 85<br>% > high school: 80  |
|-------------------------------------|-------------------|---|---|-------------------|-------------------------|--|
| 37. Graham (2007)<br>[72], USA      | Smoking cessation | Design: pretest-posttest Recruitment: company's Intranet and e-mail Condition: Internet-based worksite intervention   | Intervention: commercial program providing feedback on cognitive and behavioral processes, assistance with setting a quit date, action and coping planning, relapse prevention, information about medication support and unlimited use of options for peer support and online counseling support Name: QuitNet  Duration intervention: NR   | SCM               | 1776 program<br>users   | % female: 35<br>Age (SD): 44.1 ± 9.6<br>% > high school: NR  |
| 38. Houston (2008) Sme<br>[73], USA | Smoking cessation | Design: quasi-experimental Recruitment: Google advertisements Conditions: a. website with extensive introduction; b. website with minimal introduction Incentive: a \$20 gift certificate to a popular online store as reimbursement for completing the questionnaire for both Phase 1 and Phase 2 users  | a. Intervention: website providing stage tailored self-<br>management advice and advice on how to get assistance and<br>support from others (family, doctors) to quit smoking;<br>elaborate introduction to the program content<br>Name: Free2Quit (extensive introduction)<br>Duration intervention: NR  | HBM<br>SCT<br>TTM | 231<br>(a. 105; b. 126) | % female: 71<br>% age: <30: 19.0; 30-<br>45: 47.6; 46-60: 32.0;<br>>60: 1.3<br>% > high school: 63 |
|                                     |                   |   | b. Intervention: website providing stage tailored self-<br>management advice and advice on how to get assistance and<br>support from others (family, doctors) to quit smoking; brief<br>introduction to the program content.<br>Name: Free2Quit (minimal introduction)<br>Duration intervention: NR   | HBM<br>SCT<br>TTM |                         |  |
| 39. Lenert (2003)<br>[22], USA      | Smoking cessation | Design: pretest-posttest Recruitment: e-mail invitation Condition: web and e-mail based program   | Intervention: web and e-mail based program primarily aimed at mood management; the program consisted of 8 modules that had to be accessed one at the time but could be completed in one visit, including self-monitoring tools, feedback on behavior, and e-mail prompts for revisits; additional educational information and materials could be browsed Name: NR  Duration intervention: 8 weeks which could be completed in one visit, but also through multiple visits | MM<br>CBT         | 49 website users        | % female: 78<br>Age (SD): 46 ± NR<br>% > high school: 75   |

| 40. McKay (2008)<br>[74], USA    | a. smoking<br>cessation, b.<br>smoking cessation<br>through improving<br>physical activity | Design: RCT Recruitment: advertisements on search engines and website links Conditions: a. web-based program with information and behavioral strategies; b. web-based personalized fitness program that would help to quit smoking   | a. Intervention: website designed to encourage tobacco abstinence via the use of strategies that address each participant's behavior, cognition, environment and self-management skills; provides options for peer and expert support  Name: Quit smoking network (QSN)  Duration intervention: NR  | SCT | 2318<br>(a: 1159; b: 1159) | % female: 71<br>% age: <30: 22.4; 30-<br>39: 23.4; 40-49: 29.6;<br>>50: 24.6<br>% > high school: 68 |
|----------------------------------|--|--|---|-----|----------------------------|---|
|                                  |  | quisioning   | b. Intervention: website encouraging participants to participate in a fitness program, to help them quit smoking; program provides tailored feedback on performance, providing goal setting, activity planning and monitoring of progress and includes access to additional online resources and a web-forum for peer support.  Name: Active Lives  Duration intervention: NR | SCT |                            |   |
| 41. Saul (2007) [75],<br>USA     | Smoking cessation  | Design: pretest-posttest Recruitment: additional screen during registration process Condition: Internet-based intervention Incentive: a US \$10 check for completing follow-up survey  | Intervention: Internet-based program providing feedback on cognitive and behavioral processes, assistance with setting a quit date, action and coping planning, relapse prevention, information about medication support and options for peer support and online counseling support  Name: Quitplan.com  Duration intervention: NR  | SCM | 607 registered<br>visitors | % female: 64<br>Age (SD): 37.9 ± NR<br>% > high school: 82  |
| 42. Severson (2008)<br>[31], USA | Smoke free tobacco cessation   | Design: RCT Recruitment: print and broadcast media, Google ads, websites links, and mailings to target group, health care and tobacco control professionals Conditions: a. interactive, tailored web-based program (enhanced condition); b. more linear, text-based website (basic condition) Incentive: \$10 for each follow-up assessment and an additional \$20 by completing all three follow-up assessments | a. Intervention: web-based intervention, providing tailored feedback on cognitive and behavioral processes for change, guidance in making a quit plan, support in staying quit, and options for support by peers and counselor Name: ChewFree.com (enhanced condition)  Duration intervention: NR, but multiple visits  | SCT | 2523<br>(a. 1260; b. 1263) | % female: 2<br>Age (SD): 36.8 ± 9.6<br>% > high school: 81  |
|                                  |  |  | b. Intervention: website providing linear text-based printable information on quitting and useful resources Name: ChewFree.com (basic condition) Duration intervention: NR  | SCT |                            |   |
| 43. Stoddard (2005)<br>[76], USA | Smoking cessation  | Design: pretest-posttest Recruitment: announcements on list serves, registration with popular search engines, and a direct e-mail Conditions: Internet self-help educational intervention  | Intervention: website providing tailored feedback on nicotine dependency and depressive symptoms and subsequent access to an online quit smoking and nicotine replacement guide.  Name: NR  Duration intervention: one time visit   | NR  | 538 participants           | % female: 74<br>% age: 18-24: 5.2; 25-<br>44: 48.5; 45-64: 42.7;<br>65+: 3.5<br>% > high school: 54 |

| 44. Stoddard (2008)<br>[77], USA                    | Smoking cessation                                  | Design: RCT Recruitment: e-mail invitations Conditions: a. website including a bulletin board; b. same website without bulletin board Incentive: either a 100 minute prepaid calling or US\$7.40 postal stamp for those not completing follow-up after                          | a. Intervention: website providing online quit guide, targeted to stages of change, 5 unique (downloadable) self-help materials targeted to specific groups, evidence based information on positive health changes after quitting, option to contact counselor for support and peer support through bulletin board  Name: Smokefree.gov (including bulletin board)  Duration intervention: NR  | NR                                 | 1375<br>(a. 684; b. 691)   | % female: 54<br>Age (SD): 43.6 ± 10.3<br>% > high school: 87 |
|---|--|---|--|------------------------------------|----------------------------|--|
|   |  |   | b. Intervention: website providing online quit guide, targeted to stages of change, 5 unique (downloadable) self-help materials targeted to specific groups, evidence based information on positive health changes after quitting, option to contact counselor for support  Name: Smokefree.gov (without bulletin board)  Duration intervention: NR  | NR                                 |                            |  |
| 45. Strecher (2005)<br>[78], England and<br>Ireland | Smoking cessation<br>among nicotine<br>patch users | Design: RCT Recruitment: advertisements on nicotine patches Conditions: a. tailored intervention website; b. non-tailored web-based smoking cessation materials Incentive: £5 of oral care products by completing either 6- or 12-week, by completing £20 of oral care products | a. Intervention: provision of a web-based cessation guide and three sequential online tailored newsletters providing feedback on cognitive and behavioral concepts and behavioral support messages delivered via email; opportunity to identify a supportive person who subsequently received an e-mail message with tailored advice  Name: CQ plan  Duration of intervention: 10 weeks with multiple visits   | CBM of smoking<br>cessation<br>RPM | 3971<br>(a. 1991; b. 1980) | % female: 57<br>Age (SD): 36.9 ± 10.2<br>% > high school: NR |
|   |  |   | b. Intervention: website providing non-tailored information on cognitive-behavioral concepts Name: NR Duration intervention: accessible during 10 weeks  | CBM of smoking<br>cessation<br>RPM |                            |  |
| 46. Strecher (2008)<br>[79, 80], USA                | Smoking cessation                                  | Design: RCT Recruitment: invitation letter to smokers selected by 2 health care organizations Conditions: a. intervention website with multiple visits; b. intervention website with single visits Incentive: 10-week course of NRT   | a. Intervention: accessible during 10 weeks a. Intervention: website consisting of 5 modules that could only be accessed through multiple visits, providing tailored feedback on cognitive and behavioral processes, feedback on barrier identification, and possibility to set quit date, containing success stories and e-mail prompt to encourage revisits Name: Project Quit (multiple visits) Duration intervention: 5 weeks with multiple visits | CBM of smoking<br>cessation<br>RPM | 944<br>(a. 487; b. 457)    | % female: 60<br>Age (SD): 46.3 ± NR<br>% > high school: 64   |
|   |  |   | b. Intervention: website consisting of 5 modules that could be accessed in a single visit, providing tailored feedback on cognitive and behavioral processes, feedback on barrier identification, and possibility to set quit date, containing success stories  Name: Project Quit (single visit)  Duration intervention: 1 time visit   | CBM of smoking<br>cessation<br>RPM |                            |  |

| 47. Swartz (2006)                                 | Smoking cessation                    | Design: RCT   | Intervention: website providing tailored feedback on  | NR                       | 351                       | % female: 52   |
|---|--------------------------------------|---|---|--------------------------|---------------------------|--|
| [81], USA   | Smoking Cessation                    | Recruitment: through large<br>worksites (posters, brochures, link<br>Intranet, e-mail employees, electronic<br>newsletters)   | cognitive and behavioral constructs and on planning to quit, containing video and audio fragments; separate content is provided for users from different race/ethnicity, sex and age Name: 1-2-3 Smokefree  | IVIX                     | (a. 171; b. 180)          | % age: 18-25: 7.4: 26-<br>39: 38.2; 40-55: 48.4; ><br>55: 6.0<br>% > high school: NR |
|   |                                      | <b>Conditions:</b> a. Internet treatment condition; b. wait list control group  | <b>Duration intervention:</b> one time visit, but multiple visits was encouraged  |                          |                           |  |
| 48. Wang (2004)                                   | Smoking cessation                    | Design: observational study   | Intervention: online feedback program, providing tailored   | RPM                      | 18,361 unique             | % female: 49   |
| [82], Switzerland                                 |                                      | <b>Recruitment:</b> via links and search engines  | counseling letters with feedback on cognitive and behavioral constructs and feedback on progress, option to access forum  | TPB<br>TTM               | users                     | Age (SD): 36 ± 11<br>Average years of  |
|   |                                      | Condition: web-based intervention   | and additional documents  | 11111                    |                           | schooling: 15  |
|   |                                      |   | Name: Stop-Tabac Duration intervention: NR  |                          |                           |  |
| E. Alcohol reduction                              |                                      |   | Daration intervention. 143  |                          |                           |  |
|   |                                      |   |   |                          | Mean: 6128<br>Median: 288 |  |
| 49. Cloud (2001)<br>[83], USA                     | Abstaining or controlled drinking    | Design: observational Recruitment: e-mail posting in newsgroup and search engines Condition: interactive web-based intervention   | Intervention: website providing feedback on performance, risk for addiction, and cognitions, with access to online self-help manual  Name: Carebetter.com  Duration intervention: one time visit during 172 trial period  | NR                       | 2813 registrations        | % female: 36<br>Age (SD): 32 ± 10.3<br>Education in years<br>(SD): 14.8 ± 3.6        |
| 50. Cunningham<br>(2000) [84], Canada             | Problem drinking,<br>drinking habits | Design: observational study Recruitment: NR Condition: tailored Internet program  | Intervention: website providing feedback on performance, normative feedback, and educational information  Name: Try our free drinking evaluation  Duration intervention: one time visit   | NR                       | 214 registrations         | % female: 58<br>Age (SD): 33.8 ± 12.6<br>% > high school: NR                         |
| 51. Lieberman<br>(2006) [85], USA                 | Alcohol abuse                        | Design: RCT Recruitment: no advertisement but spontaneously through search engines Conditions: a. intervention with feedback in multimedia context b. intervention with feedback in html text form  | a. Intervention: multimedia website providing feedback on the negative effects of alcohol consumption on every day life, including an online guide who leads the visitor through the feedback process  Name: Alcohol Checkup (multimedia context)  Duration intervention: one time visit during 18 month                                    | NR                       | 288<br>(a. NR; b. NR)     | % female: NR Age (SD): NR % > high school: NR  |
|   |                                      |   | b. Intervention: website providing feedback on performance in a html text form  Name: Alcohol Checkup (html text format)  Duration intervention: one time visit during 18 months  | NR                       |                           |  |
| 52. Linke (2004)<br>[86], Linke (2005)<br>[87],UK | Excessive alcohol consumption        | Design: observational study Recruitment: press releases and news items in national media, 50,000 leaflets distributed to GPs, articles in professional publications in alcohol field, links in search engines and on appropriate health websites Condition: Internet-based interactive intervention | Intervention: website providing feedback on performance and cognitive constructs, self-monitoring and social support, providing educational materials; program consists of 6 consecutive intervention modules designed to be accessed at weekly intervals  Name: Down Your Drink (DYD)  Duration intervention: 6 weeks with multiple visits | CBT<br>MET<br>RPM<br>SCM | 1319 registrations        | % female: 44<br>Age (SD): NR<br>% > high school: NR                                  |

| 53. Linke (2007)<br>[88], UK          | Promotion of sensible drinking      | <b>Design:</b> observational study <b>Recruitment:</b> Off-line advertising campaign <b>Condition:</b> Internet-based interactive intervention  | Intervention: website providing feedback on performance and cognitive constructs, self-monitoring and social support, providing educational materials; program consists of 6 consecutive intervention modules designed to be accessed at weekly intervals  Name: Down Your Drink (DYD)  Duration intervention: 6 weeks with multiple visits | CBT<br>MET<br>RPM<br>SCM                               | 10,000<br>registrations | % female: 51<br>Age (SD): 37.4 ± 9.8<br>% > high school: NR               |
|---------------------------------------|-------------------------------------|---|---|--|-------------------------|---|
| 54. Matano (2007)<br>[89], USA        | Reduction of alcohol<br>consumption | Design: RCT Recruitment: mailing of a descriptive recruitment flyer Conditions: a. intervention with full individualized feedback; b. intervention with limited individualized feedback Incentive: \$20 + t-shirt   | a. Intervention: website providing tailored feedback on performance, stress levels, cognitions and progress, self-monitoring and social support, provision of mini-workshops Name: Coping Matters (full individualized feedback)  Duration intervention: accessible during 90 days  | SLT  | 229<br>(a. NR; b. NR)   | % female: 78<br>Age (SD): 39.9 ± 11.3<br>% > high school: 83.9            |
|                                       |                                     |   | b. Intervention: website providing generic information on alcohol consumption and tailored feedback on stress levels and cognitions, however limited compared to above  Name: Coping Matters (limited individualized feedback)  Duration intervention: accessible during 90 days  | SLT  |                         |   |
| 55. Riper (2008)<br>[90], Netherlands | Reduction of alcohol<br>consumption | Design: RCT Recruitment: advertisements in national newspapers and on health related websites Conditions: a. web-based interactive self-help intervention; b. online psycho-educational brochure  | a. Intervention: web-based self-help program providing feedback on behavior, cognitive constructs and progress, providing goal setting, self-monitoring, and social support Name: Minder Drinken (Drinking Less)  Duration intervention: 6 weeks recommended treatment period with multiple visits  | Cognitive behavioral<br>and self-control<br>principles | 261<br>(a. 130; b. 131) | % female: 49 Age (SD): 46 ± 9.0 % vocational and academic education: 69.7 |
|                                       |                                     |   | b. Intervention: website that provided a web-based psycho-<br>educational brochure on the effects of alcohol use on physical<br>and social functioning.<br>Name: NR<br>Duration intervention: 1 time visit  | NR   |                         |   |
| 56. Saitz (2004) [91],<br>USA         | Alcohol use                         | Design: Observational study Recruitment: national banner-ad public service campaign on hundreds of commercial websites, features as a resource on large television program and linked to online stories, distribution of flyers, referrals from Internet search engines Condition: web-based intervention | Intervention: website providing feedback on performance, and access to additional information through online information library and searchable national database  Name: Alcohol screening  Duration intervention: one visit during 14-month period   | НВМ  | 39,842<br>registrations | % female: 33<br>Age (SD): 32 ± 11<br>% > high school: NR                  |
| 57. Westrup (2003)<br>[92], USA       | Reduction of alcohol consumption    | Design: quasi-experimental Recruitment: brochure mailings Conditions: a. full individualized feedback; b. limited individualized feedback   | a. Intervention: website providing tailored feedback on performance, stress levels, cognitions and progress, providing self-monitoring and social support, provision of miniworkshops  Name: Coping Matters (full individualized feedback)  Duration intervention: NR, with multiple visits   | SLT  | 187<br>(a. NR; b. NR)   | % female: 77<br>Age (SD): 40.9 ± 11.5<br>% > high school: 81              |

|   |   |  | b. Intervention: website providing generic information on alcohol consumption and tailored feedback on stress levels and cognitions, however limited compared to above Name: Coping Matters (limited individualized feedback) Duration intervention: NR, with multiple visits  | SLT                                       |                            |  |
|---|---|--|--|---|----------------------------|--|
| F. Combination of be                          | ehaviors  |  |  |   |                            |  |
|   |   |  |  |   | Mean: 1499<br>Median: 419  |  |
| 58. Cook (2007)<br>[93], USA                  | Nutrition/weight<br>management,<br>fitness/physical<br>activity, and stress<br>management   | Design: RCT Recruitment: e-mail letter with online flyer from management, and posters Conditions: a: web-based condition; b: print materials Incentive: monetary incentives of \$50/survey and raffle prize of \$500 | Intervention: multimedia (website, video) multi-component program, providing feedback on dietary and physical activity behaviors, cognitions and progress, including interactive calorie logbook, goal setting and action planning options, video testimonials, skills training and audio narration; intervention consists of three extensive programs for improving diet and physical activity and reduce stress, each taking 2-3 hours to complete.  Name: Health Connection  Duration intervention: NR, multiple visits were encouraged | SCT<br>TTM                                | 419<br>(a: 209; b: 210)    | % female: 72<br>Age (SD): 42 ± NR<br>% > high school: 95                                       |
| 59. Cowdery (2007)<br>[94], USA               | Smoking cessation,<br>weight management,<br>nutrition, physical<br>activity, alcohol,<br>injury prevention,<br>mental health, skin<br>protection  | Design: observational study Recruitment: print and electronic communication Condition: web-based tailored program  | Intervention: commercial, health risk assessment program providing feedback on performance and stage of change relevant cognitions, information on associated risk factors and action planning tool  Name: NR  Duration intervention: 1 visit during 4-month implementation period   | HBM<br>SCT<br>TTM                         | 90 participants            | % female: 82<br>Age (SD): 45 ± NR<br>% > high school: 94                                       |
| 60. Oenema (2008)<br>[95], Netherlands        | Saturated fat intake,<br>physical activity,<br>and smoking<br>cessation   | Design: RCT Recruitment: e-mail Conditions: a. tailored Internet intervention; b. no intervention waiting list control group Incentive: €10 for completing study   | Intervention: website providing tailored feedback on behavior, cognitions, and progress (for smoking cessation only), providing formation of implementation intentions  Name: Gezondlevencheck (Healthy Life Check)  Duration intervention: 1 visit  | PAPM<br>SCSM (modified<br>version of SCM) | 2159<br>(a: 1080; b. 1079) | % female: 54<br>Age (SD): 43.6 ± 10.1<br>% medium or high<br>educational: 73                   |
| 61. Verheijden<br>(2007) [23],<br>Netherlands | Health promotion<br>through several<br>lifestyle behaviors<br>aimed at physical<br>activity as core<br>behavior, and<br>dietary habits,<br>alcohol intake,<br>smoking, work,<br>cardio-respiratory<br>fitness, and muscle<br>strength | Design: observational study Recruitment: press release and free publicity in newspapers and magazines Condition: web-based program   | Intervention: online health promotion program providing feedback on performance and progress, containing self-tests; program consists of different modules that could be accessed by revisits  Name: Dutch National Health Test  Duration intervention: 2 weeks with multiple visits   | NR  | 6272 visitors              | % female: 66<br>Age (SD): 36 ± 13<br>% intermediate to<br>(very) high<br>educational level: 90 |

| 62. Ware (2008)<br>[96], UK    | Weight loss, weight<br>management,<br>physical activity                                      | Design: observational study Recruitment: leaflet distribution during working hours Conditions: web-based and monitoring device-based program  | Intervention: multi-media (Internet, e-mail and mobile phone) program providing tailored feedback on performance and progress and goal setting, action planning, and social support; self-monitoring data is collected through accelerometers and weighing scales connected with the program through Bluetooth Name: MiLife  Duration intervention: 12 weeks with multiple visits   | SCPT<br>DB | 265 visitors                        | % female: 51<br>Age (SD): 40.9 ± 8.1<br>% > high school: NR                      |
|--------------------------------|--|---|---|------------|-------------------------------------|--|
| 63. Winett (2007)<br>[97], USA | Fat, fiber, and fruit<br>and vegetable<br>intake, physical<br>activity                       | Design: RCT Recruitment: pulpit announcements, flyers, posters, bulletins and kickoff luncheons Conditions: a. Internet program with series of church-based support; b. Internet program; c. waiting list control group Incentive: \$20 for assessments at pretest, \$30 at posttest, and \$40 at follow-up | a. Intervention: website providing tailored feedback on performance and progress, goal setting and self-monitoring, audio narrated; use of the program was promoted by prompts from the pulpit and in in-church bulletins and newsletters; newsletters also provided feedback on church wide achievement of nutrition and physical activity goals Name: Guide to Health (with church-based support)  Duration intervention: 12 weeks with multiple visits | SCT        | 1071<br>(a. 364; b. 364;<br>c. 343) | % female: 67<br>Age (SD): 51.4 ± 15.8<br>% > high school: NR                     |
|                                |  |   | Intervention: website providing tailored feedback on performance and progress, goal setting and self-monitoring, audio narrated; use of the program was promoted by prompts from the pulpit and in in-church bulletins and newsletters; without feedback on church wide achievement of nutrition and physical activity goals  Name: Guide to Health (Internet only)  Duration intervention: 12 weeks with multiple visits                                 | SCT        |                                     |  |
| 64. Woolf (2006)<br>[98], USA  | Healthy diet,<br>physical activity,<br>smoking cessation,<br>and reduced<br>problem drinking | Design: quasi-experimental Recruitment: aggressive promotion by physicians and nurses of primary care practices, wall papers, and telephone hold-line messages Conditions: a. intervention website with tailored health advice; b. control group directed to static pages with limited information          | a. Intervention: website providing tailored feedback on performance and cognitions, including access to tailored resource library with website links to local and national organizations and agencies  Name: My Healthy Living (tailored advice)  Duration intervention: 1 visit during 9 month period  | TTM        | 273<br>(a. 177; b. 96)              | % female + age: a. 79% female and <50; b. 71% female and <50 % > high school: NR |
|                                |  |   | b. Intervention: website providing static generic information pages on the 4 health behaviors, and general health promotion tips Name: My Healthy Living (static) Duration intervention: 1 visit during 9 month period  | NR         |                                     |  |

Notes: NR = not reported; RCT = randomized controlled trial; NRT = nicotine replacement therapy

<sup>&</sup>lt;sup>a</sup> Information of publications that evaluated and reported on the same interventions but were separate studies were combined. This applies to the following studies: both studies of Hurling [39, 40], Gold [55] and Micco [60], both studies of Brendryen [68, 69], Cobb [70] with Graham [72] and Saul [75], Danahar [32] and Severson [31], both studies of Linke [86-88], and Matano [89] and Westrup [92]

<sup>&</sup>lt;sup>b</sup> Both Internet interventions a. from Gold [55] and Micco [60] are identical as they come from the same study but are compared in two publications to a another intervention

BSL = Behavioral Skills Learning; CBM = Cognitive—Behavioral Methods; CBT = Cognitive Behavioral Therapy; DB = Decisional Balance; DIT = Diffusion of Innovations Theory; ELM = Elaboration Likelihood Model; EM = Ecological Models; HBM = Health Belief Model; MET = Motivational Enhancement Therapy; MI = Motivational Interviewing; MM = Mood Management; PAPM = Precaution Adoption Process Model; RPM = Relapse Prevention Model; SCM = Stage of Change Model; SCSM = Social Cognitive Stages Model; SCPT = Social Cognitive Theory; SLT = Social Learning Theory; SMM = Self-Management Model; SRT = Self-Regulation Theory; TPB = Theory of Planned Behavior; TTM = Transtheoretical Model